

CALIFORNIA DEPARTMENT OF PARKS AND RECREATION

Divisions of Boating and Waterways, Historic Preservation and Off-Highway
Vehicles



News Release

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Healthy Parks, Healthy People Hike at Mount Tamalpais

(MILL VALLEY, Calif.)—A free “Healthy Parks Healthy People” guided hike on Saturday, October 4, at Mount Tamalpais State Park specially designed for beginning hikers and those who are unfamiliar with the parks. Healthy Parks Healthy People (HPPH) harnesses the power of parks and public lands in promoting the health of people and the environment.

The easy, one mile, 30 minute hike starts and ends at Pantoll Ranger Station. Take the bus to the park! The hike will leave just after the arrival of the Marin Transit Stage Route #61 at Pantoll at 12:16 PM. Participants need to come wearing proper attire for the outdoors, appropriate for the hot weather such as a loose fitting t-shirt and shorts, a hat, and well fitting, comfortable shoes or hiking boots. Make sure to bring fluids and snacks. Restrooms and a water fountain are available at Pantoll.

HPPH activities will be ongoing at Mt. Tamalpais on the first Saturday of every month. A schedule will be posted online at www.parks.ca.gov/mttam. The bus schedule is available online at <http://www.marintransit.org/routes/61.html>.

Healthy Parks Healthy People connects people to parks through health promotion, fosters society’s understanding and appreciation for the life-sustaining role of parks, and creates the next generation of park stewards. HPPH is an important collaboration with public and private groups including California State Parks, The Institute at the Golden Gate, the National Park Service, Michele Obama’s “Let’s Move initiative”, the Centers for Disease Control and Prevention.

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To provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.